

them how inspiring it would be for them to be able to tell their future spouses that although they made some mistakes early on, by God's grace, they had the strength to eventually make better choices.

list-making activity

## WHY WAIT?

*Evaluating whether or not to postpone sexual involvement until we're married.*

- **List as many reasons you can think of for delaying sexual intercourse until marriage.**
- **List as many reasons you can think of for having sex early and often.**

**Q:** Which reasons are most convincing to you? What makes them persuasive?

**Q:** Which reasons are least convincing to you? Why are you unconvinced?

To help students crystallize their personal convictions about sex, use the questions from **Why Wait?** (page 134 in this book) for group or individual reflection.

brainstorming discussion activity

## 10 WAYS TO SAY NO

*How to say no even if a little part of you wants to say yes.*

**List as many ways as you can think of to turn down someone who wants to take you farther sexually than you want to go.**

**Q:** Do you think it's equally difficult for every person to hit the brakes sexually? Why or why not?

- Do you think there are some situations that make hitting the brakes more difficult? Why do you think that's so?

**Q:** Do you think there's a progression of sexual contact that's assumed by most people when they're going out? In other words, is there a set order to how a relationship develops sexually?

If the group believes there's an assumed progression, write it where everyone can see. Then ask—

**Q:** How soon in a relationship do you think most people would expect each of these sexual experiences?

**Q:** What makes you think what we're saying here is more or less true?

**Q:** Where do you think these sexual expectations come from?

**Q:** Do you think one gender drives these expectations more than the other? Why? How do you feel about that?

To help students continue to process how to respond to sexual pressures and establish healthy boundaries, use the questions from **10 Ways to Say No** (page 135 in this book) as material for large or small group discussions, or as a tool for individual personal reflection.

### YOU'LL NEED

- list-making materials—some combination of a whiteboard, markers, different colored index cards, or sheets of butcher paper hung on the wall
- copies of **Why Wait?** (page 134), one per student
- pencils

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If your students are using *What (Almost) Nobody Will Tell You about Sex*, you can direct them to **Mother, May I?** (page 78).